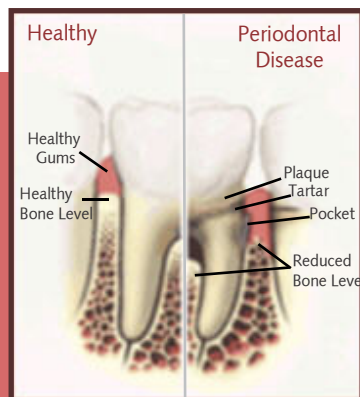


Periodontal diseases, also known as gum disease are some of the most common infections in the United States. In fact, more than 75% of American adults over age 35 have some form of periodontal diseases.

Despite the number of people infected with these diseases, most believe they don't have them. In a recent survey, eight out of ten Americans believed they did not have periodontal diseases, but seven out of ten exhibited one or more symptoms.

Periodontal diseases are painless until their advanced stages. If left untreated, periodontal diseases can result in bad breath; red swollen and bleeding gums; and eventually, tooth loss. In fact, periodontal diseases are the leading cause of adult tooth loss.

Despite all these facts, periodontal diseases are also some of the most preventative diseases.



Following the simple techniques outlined in this pamphlet greatly reduces your risk of developing Periodontal disease.

Special Aids

If you have implants, braces, or bridges, or if you have trouble flossing or brushing correctly, these and other special aids may be suggested.



Powered Toothbrush & Toothbrushes
For cleaning teeth and gums.



Proxabrushes clean and remove plaque from small, tight spaces.



Gum Stimulator is used for interdental cleaning and gingival massage.



Interdental Brush for cleaning large spaces between teeth.



Dental Floss & Super Floss for cleaning around bridgework or implants.



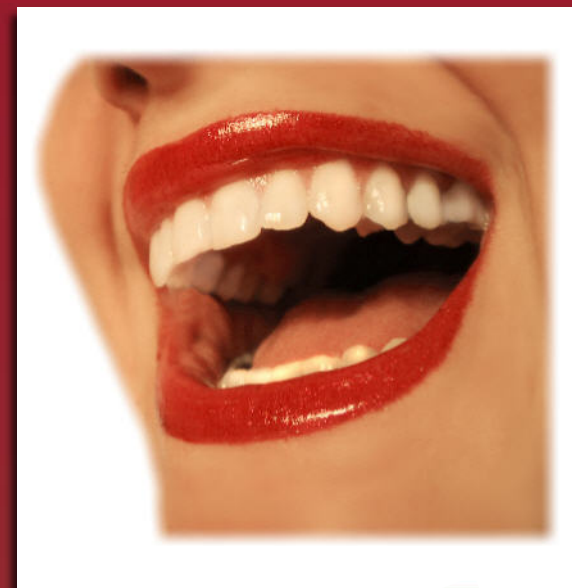
Prescription Antibacterial Mouth Rinse to slow the growth of plaque.

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Home Care Tips



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Brushing Up on Brushing

Careful and regular brushing removes plaque. It also increases circulation in gum tissue. Use a small, soft, angled brush with rounded bristles. Replace the brush whenever it gets worn or frayed. Brush at least twice a day and be sure to clean all tooth surfaces thoroughly.



Hold the brush at a 45 degree angle at the gum line and gently brush the outer surfaces. Use a tiny back-and-forth or circular motion. Don't scrub.



Brush the inner surfaces of the back teeth using the same back-and-forth or circular motion.



Turn the brush and use the tip to clean the inner surfaces of the upper and lower front teeth.

Clean the chewing surfaces of the teeth. Here, you can use a scrubbing motion. Brush your tongue, then rinse well.

Wrap 18 inches of floss around your middle fingers. Secure it with your index fingers and thumbs.



Ease the floss between two teeth. Work the floss up and down, rubbing the floss first against one tooth, then the other. Be sure to work the floss under the gum where plaque collects.

If you have a bridge or wear braces, use a floss threader to get the floss under the bridge or the wires.



The Facts of Flossing

Daily flossing removes plaque from between teeth and under the gum line, where brushing can't reach. Floss at least once a day, using the type of floss suggested by your doctor. Be sure to floss both sides of each tooth. You can floss before or after brushing.

Plagued by Plaque

Plaque is constantly forming and needs to be removed every day. That's why home care, including proper flossing and brushing, is so important. Without home care, your periodontal disease may return and worsen - even after professional treatment. Your doctor and dental hygienist will design a home care program for you. Following this program will help keep your teeth and gums clean and free of plaque.



Flossing cleans between teeth and under gums.

Brushing cleans front, back, and chewing surfaces of teeth.